

March 2026 Molalla Cutting Edge Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lower Body Shred 9am Cycle & Abs 5:30pm	3 Senior Fit 10am Tone-Tastic 5:30pm Yoga 6pm	4 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	5 Yoga & Sculpt 9am Senior Fit 10am Line Dancing 5:30pm *WLC Kickoff	6 Yoga 10:30am *WLC Kickoff	7 Cycle & Abs 7am **Boot Camp 8am
9 Power Hour w/Stephanie 9am Cycle & Abs 5:30pm	10 Senior Fit 10am Yoga 6pm	11 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	12 Yoga & Sculpt 9am Senior Fit 10am Equipment 101 4:30pm	13 Yoga 10:30am	14 Cycle & Abs 7am **Boot Camp 8am
16 Lower Body Shred 9am Cycle & Abs 5:30pm	17 Senior Fit 10am Tone-Tastic 5:30pm Yoga 6pm	18 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	19 Yoga & Sculpt 9am Senior Fit 10am WLC Workout 5:30pm *WLC Weigh-in	20 Yoga 10:30am *WLC Weigh-in	21 Cycle & Abs 7am **Boot Camp 8am
23 Lower Body Shred 9am Cycle & Abs 5:30pm	24 Senior Fit 10am	25 Power Hour w/Stephanie 9am Core & More 5:30pm Cardio Danze 6pm	26 Senior Fit 10am Line Dancing 5:30pm	27	28 Cycle & Abs 7am **Boot Camp 8am
30 Lower Body Shred 9am Cycle & Abs 5:30pm	31 Senior Fit 10am Tone-Tastic 5:30pm Yoga 6pm		*2026 Weight Loss Challenge Entry fee \$55 Weigh-ins during office hours **Fee Class \$15 day pass	<u>Kids Club Hours</u> Monday – Thursday Morning 9:00am to 10:30am Evening 5:30pm to 7:00pm	<u>Office Hours</u> Monday – Thursday 10:30am to 6:30pm Friday 10:30am to 3:30pm